

## The Self-Righteous Rap

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You didn't know life is all right or wrong  
Your victor or victim...or just don't belong  
There is no question; life's but bleak or white  
Forget ambiguity when hooked on Freud-lite.

What happened to subtlety and shades of gray?  
The world's drinking and shrinking its brain cells away  
The rage that's stirred by mental oppression  
Compels this shrink rap regression confession.

When others demand you follow their lead  
(For they, of course, realize just what you need.)  
Don't get upset over autonomy  
Just ask where they go for a lobotomy.

Or, are you a martyr in self-imposed prison?  
Denying your needs becomes heaven's vision.  
When you've been hurt you just quietly pray  
But wish you could scream,  
"Go ahead, make my day!" (Pow, Pow)

There's a real craft to fine confrontation  
But first let go of those "acc-you-sations"  
Like "It's all your fault" or "you drive me crazy."  
All this reveals is a mind that is lazy.

Be thoughtfully outraged and learn to reframe  
Make the strange familiar, the familiar strange.  
We really are at a critical juncture  
So little time...so many egos to puncture. (Pop, Pop)

To disarm those who intimidate you  
Some self-defense lessons in the art of “tongue fu.”  
With an all-knowing boss who wants to be feared, hey  
One more grad of the Institute for the Compassion-Impaired.  
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Or, if you’ve had enough of that self-righteous scam:  
“I am as important as I think I am.”  
You don’t have to listen to this bovine fodder  
Just say you’re allergic; it makes your ears water

And for those who demean with, “Grow up, act your age”  
Here’s some advice that’s worthy of a sage.  
While only young once, it’s true, however,  
You intend to be immature forever.

So, if life’s a soap opera: “As the Head Swells”  
No need to be walking on those ego shells.  
When the righteous start ranting they’re all of a kind  
The bigger the ego, the smaller the mind!

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Shrink Rap Productions

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